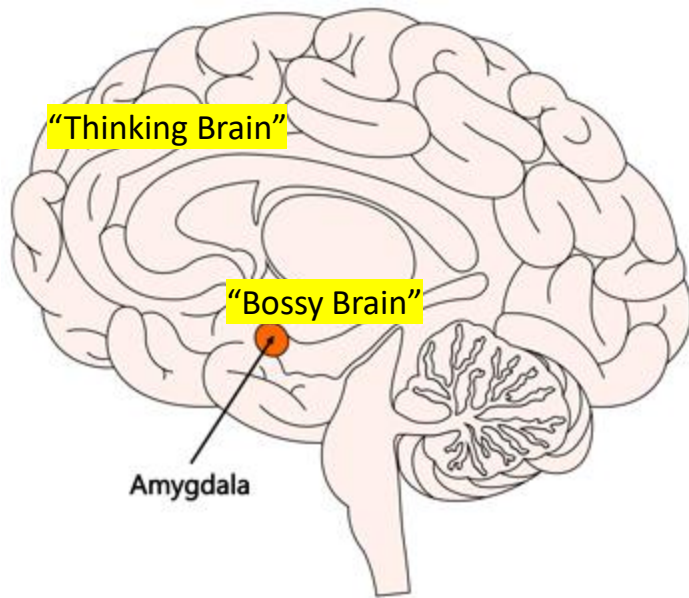


ADULT'S SENSORY PROCESSING OF GRIEF



Bossy Brain describes your sensory reaction to the news of a loved one's death. These reactions are first sensed by the stomach, lungs or heart.

- When you first learned of the loved one's death, your stomach may have flip flopped, your breathing pattern may have changed, or your heart rate may have increased. These changes are experienced and stored in the part of the brain labeled ***Bossy Brain***.

- Bossy Brain*** is the inside part of the brain that connects to the stomach, lungs and heart. ***Thinking Brain*** is the outside part of the brain responsible for problem solving, reasoning, and communication.

- When news of the death was heard, you went into a high alert, flight or fright stage which caused your stomach to flip flop, breathing to change or heart rate to speed up. When ***Bossy Brain*** is at high alert, it becomes bossy and makes ***Thinking Brain*** shut down.

- When learning of the death, your brain was not capable to respond to conversations that involved many words, reasoning or logic.

- Bossy Brain*** has a LONG memory which can be felt for many, many years. Anytime your stomach, lungs, or heart feel like they did when first learning of the loved one's death, ***Bossy Brain*** will automatically make you think about the loved one's death even though the current situation has nothing to do with the death.

- Whenever ***Bossy Brain*** is being bossy, you will need to distract yourself by holding a fidget (tangle, putty, stress ball) or something cold (ice cube or freezer pack). This will allow ***Bossy Brain*** to slow down and ***Thinking Brain*** to work .